



Meals on Wheels

Choice 1 - Poultry, Seafood, Pork Entree

JUNE 2018

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| FOR SENIORS 60 YEARS AND OLDER | | | Chef's Choice Meals are for weekend clients | |
|--|---|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p><i>Menu is subject to change without notice.</i></p> <p><i>All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p> | <p><i>It costs \$7.00 to produce each meal.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p> | | | <p>1</p> <p>Pork Loin Balsamic Cherry Sauce with Rice Pilaf and Peas</p> |
| <p>4</p> <p>Chef's Choice Meal</p> | <p>5</p> <p>Tuna Casserole with Cheddar Cheese and Broccoli</p> | <p>6</p> <p>Chicken Pasta Salad <i>Grilled Chicken and Vegetables</i></p> | <p>7</p> <p>Turkey Tetrazzini with Whole Grain Pasta And Vegetables</p> | <p>8</p> <p>Roasted Chicken Vegetable Salad with Quinoa</p> |
| <p>11</p> <p>Chicken Florentine with Linguini in Pesto Sauce with Seasonal Vegetables</p> | <p>12</p> <p>Turkey, Broccoli, Bulger Salad in Balsamic Vinaigrette</p> | <p>13</p> <p>Baked Fish Lemon Dill Sauce Steamed Brown Rice and Broccoli</p> | <p>14</p> <p>Turkey Meat Loaf Mashed Sweet Potatoes and Steamed Spinach</p> | <p>15</p> <p>Chicken Milanese Whole Grain Pasta Italian Vegetables</p> |
| <p>18</p> <p>Turkey Cutlet Potato Melody and Seasoned Spinach</p> | <p>19</p> <p>Salmon Risotto in Arboreal Rice with Asparagus</p> | <p>20</p> <p>Pork Raisin Chutney Oven Roasted Potatoes Stewed Greens</p> | <p>21</p> <p>Chicken ala King Steamed Rice and Roasted Broccoli</p> | <p>22</p> <p>Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables</p> |
| <p>25</p> <p>Pork Carnitas Pinto Beans in Red Sauce and Seasonal Vegetables</p> | <p>26</p> <p>Chicken and Mushroom Sauce Italian Blend Vegetables Brown Rice</p> | <p>27</p> <p>Chicken Parmesan with Linguini and Roasted Squash</p> | <p>28</p> <p>Swiss Turkey (Chili) Ground Turkey with Kidney Beans and Corn</p> | <p>28</p> <p>Chicken Pasta Salad Grilled Chicken And Vegetables</p> |